

‘Doing nothing’ vs. ‘Doing something’: The relations between the big-five personality traits and leisure motives

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Research background

Motivation & Personality in leisure studies

- An individual's personality traits are related to leisure preferences and satisfaction (Kovacs, 2007; Kuo & Tang, 2014; Park, 2009; Ryu & Kim, 2011).
- Also, previous studies indicated that personality is closely associated with leisure motives (Antonioni, 1998; Costa & McCrae, 1992; McAdams et al., 2004).
- But most of them only focused on either particular personality factors (e.g., extraversion) or leisure activities (e.g., exercise) in examining the relations.
- Therefore, we felt the need of an integrative understanding of leisure motivations and personality traits.

The primary objective

To examine the relations between personality and the leisure motives

'Doing nothing' vs. 'Doing something'

Methods

- Online panel survey(N=3,144)
- IV: Personality: The Mini-IPIP(Goldberg, 1999) 20 items (5-point Likert Scale)
- DV: Leisure motivation Scale(Hur, 2017) 30 items (5-point Likert Scale)

Results

Correlation analysis

	Achievement	Isolation	Adventure	Nature	Relationship	Physical	Mental	Self-expression	Relax	Pro-social
Extraversion	.196**	-.239**	.269**	.118**	.590**	.227**	.169**	.396**	-.037*	.244**
Neuroticism	-0.035	.101**	-.173**	-.069**	-.095**	-.065**	-.261**	-0.018	.334**	-.116**
Agreeableness	.239**	-.076**	.086**	.150**	.437**	.219**	.090**	.288**	0.023	.349**
Openness	.293**	.101**	.078**	.137**	.165**	.160**	.214**	.160**	.049**	.098**
Conscientiousness	.154**	.065**	-0.017	.169**	.087**	.162**	.125**	.068**	-.094**	.115**

*p < .05, **p < .01

Colored cell: Significant, : Positive correlation : Negative correlation : Not significant

Key Findings

- Neuroticism is positively correlated with isolation and rest motives only, whereas other personality traits are correlated with other motives.
- Neuroticism is correlated negatively with nature, relationship, physical, mental, and pro-social motives while other four personality traits correlated positively with the five motives.
- Conscientiousness is correlated with all of the leisure motives except for adventure motive. Also, agreeableness is not correlated with relax motive.

'Doing nothing' vs. 'Doing something'

Results(Continued)

IV: The 5 personality factors
DV: One among the 10 leisure motives

Multiple regression analysis

Variables	Achievement	Isolation	Adventure	Nature	Relationship	Physical	Mental	Self-expression	Relax	Pro-social
	β	β	β	β	β	β	β	β	β	β
Extraversion	.113**	-.242**	.262**	.059*	.490**	.160**	.122**	.340**	-.006	.097**
Neuroticism	.023	.095**	-.145**	-.025	-.017	-.010	-.219**	.044*	.333**	-.089**
Agreeableness	.098**	-.029	-.038	.077**	.216**	.104**	-.036	.113**	.011	.311**
Openness	.224**	.144**	.049*	.070**	.006	.072**	.176**	.065**	.089**	-.044*
Conscientiousness	.084**	.075**	-.069**	.131**	.010	.115**	.040*	.019	-.048*	.047*
R ²	.124	.089	.096	.052	.387	.090	.117	.178	.120	.144
F	88.469**	61.287**	67.498**	34.445**	395.499**	61.831**	83.405**	135.818**	85.906**	105.297**

*p < .05, **p < .01, : Positive : Negative : Not significant

Key Findings

- Extraversion affect every leisure motivations significantly but not 'relax motivation'.
 - Neuroticism has the fewest number of significant effects on leisure motives and also has the biggest effect on 'relax motivation'.
 - Agreeableness has the greatest effect on 'prosocial motive'.
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- 'Isolation motive' is the one which has negative affection from extraversion.
 - 'Relax motive' is affected the most by neuroticism.
 - 'Relationship motive' is the biggest affected from personality traits and it affected by extraversion and agreeableness only.
 - 'Nature motive' has the least explained variances by all personality traits.

Conclusion

- Leisure motives are influenced by personality traits to different degrees.
- In other words, personality traits may affect individual's desire to do certain leisure activities, not engage in other activities.
- It could mean that there is no such leisure activity that is perfectly good for everyone. For instance, 'Playing Basketball' could be the most preferable leisure activity for someone but, at the same time, the most avoiding activity for someone who has much 'isolation motive' or someone who has little 'physical motive'.
- In a similar vein, inactive leisure activities (i.e., resting) could be valuable for some people as much as active leisure activities (i.e., golfing, climbing, travel, etc.).
- Because people do leisure activities to get something that they want, this study implies that what is important in leisure participation is not a particular type of leisure activity itself but the level of fit between what participants want from leisure (i.e., leisure motives) and what leisure can provide for them (i.e., characteristics of leisure activities).

References

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